

What social and emotional strengths do you bring to the classroom?
Select from the checklist; then select **Submit**.

Self-awareness

- Being self-aware of thoughts, feelings, and behaviors
- Understanding how beliefs influence interactions with students and families
- Recognizing mistakes as learning opportunities

Self-management

- Taking initiative to meet my own and student's needs
- Managing emotions when interacting with students and colleagues
- Setting personal and professional goals
- Engaging in self-care practices

Social awareness

- Being open to different perspectives
- Listening intently to students when they are sharing needs or ideas
- Empathizing with the emotions and needs of students and colleagues
- Expressing gratitude towards students and colleagues
- Examining prejudices and biases both personally and within larger systems

Relationship skills

- Building relationships with students and colleagues
- Managing and de-escalating conflict with students and colleagues
- Asking for help when needed
- Solving problems with my students and colleagues

Responsible Decision-Making

- Adapting plans based on context and the needs of students
- Being curious and asking questions to build understanding
- Using facts and data to inform decisions
- Reflecting on how my actions influence students and colleagues